



@seatpleasant1



@cityofseatpleasant



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SEAT PLEASANT NEWS

"A Smart City of Excellence"

IBM SIGNING CEREMONY

During Smart Cities Week in Silicon Valley, the City of Seat Pleasant announced that they have selected IBM as their partner to build the foundation establishing Seat Pleasant as *"A Smart City of Excellence"*. Cities are just now tapping into data to improve city operations and to deliver services in a digital way. These cloud-based services will provide personalized experiences for the constituents and will optimize program delivery and service outcomes for city services. IBM will deliver both a public-facing and a city operations capability during the initial phase of this project, the "My Seat Pleasant" Mobile Application and the Intelligent Operations Center (IOC).

Seat Pleasant is joining other Smart Cities who use data to improve outcomes in security, safety, resilience, and social services. "What makes Seat Pleasant unique is that they are a small municipality with the bold vision to deliver services that were previously limited to much larger cities". The implications of cloud-based Smarter Cities solutions are immense, with more services becoming more affordable to smaller municipalities nationwide. This critical factor will allow Seat Pleasant to realize their potential as *"A Smart City of Excellence"*.



CITY OF SEAT PLEASANT

MAYOR

Eugene W. Grant

COUNCIL PRESIDENT

Ward III

Reverell L. Yeargin

WARD I COUNCILMEMBER

Lamar Maxwell

WARD IV COUNCILMEMBER

Charl Jones

WARD V COUNCILMEMBER

Gloria Sistrunk

AT-LARGE COUNCILMEMBER

Shireka McCarthy

AT-LARGE COUNCILMEMBER

Kelly Porter

CITY ADMINISTRATOR

Jeannelle Wallace

TREASURER

Robert L. Ashton

CHIEF OF POLICE

Devan Martin

DIRECTOR OF PUBLIC WORKS

Samuel Prue

DIRECTOR OF ECONOMIC DEVELOPMENT

Weyimi Ayu

CITY CLERK

Dashaun N. Lanham

DIRECTOR OF PUBLIC ENGAGEMENT

Sharron Lipford

SUMMER YOUTH EMPLOYMENT PROGRAM

The City of Seat Pleasant is now accepting applications for any students between the ages of 15 to 19 that would like to work within City Hall in the Summer of 2017. This will give students the opportunity to obtain work skills, acquire a responsible work attitude and learn good work habits. It is a chance for you to earn money while you learn about work.

The last day to submit an application is

Friday, June 16, 2017

Applications are available at Seat Pleasant City Hall
All students applying must reside in the City of Seat Pleasant.

The following items are needed to officially complete your application:

(Proof of age, Social Security Card, Work Permit- (must obtain from school), Proof of Citizenship, Report Card– GPA must have at least a 2.5, Two letters of recommendation– one must be from a teacher or guidance counselor)



www.SeatPleasantMD.gov

International Yoga Day

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating conscious-

June 21st



Annual City Wide Clean-up

May 27, 2017 Wards III & IV

June 10, 2015 Ward V

The Public Works Department will be available from **7:00am to 2:00pm** to assist each Ward on the assigned cleanup date indicated above.

All items must be out by 6:00 p.m. the day before the event.

Services Involved

- ◆ Derelict Vehicles will be removed
- ◆ Trash and debris will be picked up
- ◆ Overgrown lots will be cut
- ◆ Bulk Trash items will be removed
- ◆ Vacant Buildings will be boarded, strategies for corrective action
- ◆ Criminal elements will be identified and removed
- ◆ Bulk Trash Items (3item maximum)
- ◆ 1 Large item per household: (example-sofa, refrigerator)
- ◆ 2 small items (chair)
- ◆ Vehicles (Tires Only), maximum 2

Public Works WILL NOT PICK UP the following items:

- ◆ Building materials (paint, oils, roofing, bricks, tiles, drywall, etc.)
- ◆ Yard clippings, grass, leaves, etc.
- ◆ Vehicle parts, tools

For more information, please contact the Public Works Department

**6301 Addison Road,
Seat Pleasant Maryland 20743
301-336-2600**



ABOUT GETTING THE JOB

CAREER TRANSITION AND READINESS WORKSHOP

JULY 15, 2017

No matter what industry you are in, be prepared to compete in the job market.

Join us for our free 2-hour Career Transition Workshop from 11:00am to 1:30pm at Fairmount Heights Public Library located at 5904 Kolb Street, Fairmount Heights, Maryland 20743.

This workshop is designed to help you: prepare for a career change, prepare to get back into the workforce and learn about your occupational interests. Ages 16 & up. Refreshments will be provided.

Seating is limited! Register now!

<https://www.eventbrite.com/e/career-transition-and-readiness-workshop-tickets-35088301053>

AlstnTEC

ACTIVITIES INCLUDE:

BUILD YOUR BRAND

RESUME WRITING
(PRIVATE/FEDERAL)

GUEST SPEAKERS

JOB SEARCHING &
RECRUITING

EBOOK AND
HANDOUTS

LEARN JOB AND
SALARY
DEMOGRAPHICS

BE PREPARED
BOUNCE BACK

www.alstntec.com
a.alston@alstntec.com

301-500-8010

IDEAS FOR SUMMER FUN

CREATE AN OBSTACLE COURSE
Build a backyard obstacle course with hula hoops, jump ropes potato sacks, and then time the kids

FACTORY TOURS
Many factories offer tours so that kids can see their favorite products created. There are over factories in the U.S that offer tours.

START A CRAFTS CLASS
A lot of craft stores like Michaels and Hobby Lobby offer hands on activities just for kids. Some classes are free, others require a nominal fee, typically \$5 or less.

FREE BOWLING
Many bowling alleys across the country participate in the summer long Kids Bowl Free program. It allows children to play two games a day on the house. Visit KIDSBOWLFREE.COM

VOLUNTEER YOUR TIME
Volunteering teaches compassion and responsibility. It will also keep the kids busy.

Senior Safety Monitoring Program

ARE YOU AN INDEPENDENT SENIOR CITIZEN?

If so, join Seat Pleasant Police Department's Senior Safety Monitoring Program. Seniors will receive weekly wellness visits from community Police Officer's and the opportunity to share information, address safety concerns, and to discuss crime prevention strategies. Signing up is free and easy!



TO QUALIFY FOR THIS PROGRAM:

- * Be (70) seventy years of age or older
- * Be a resident of Seat Pleasant
- * Complete a program application. Forms are available at Police Headquarters - 6011 Addison Road; Seat Pleasant, Maryland 20743

**FOR MORE INFORMATION
CALL (301) 499-8700**



Chief of Police
Devan A. Martin

A Community Engagement initiative of Mayor Eugene W. Grant and the Seat Pleasant Police Department

SEAT PLEASANT DAY 2017

FATHERS DAY SUNDAY JUNE 18TH

IDEAS FOR YOU

Go Fishing

Bond with dad at a local fishing hole or make a weekend out of it at some of America's best fishing spots. When else do you get to stand side by side and catch up on life while you enjoy the outdoors?

Paintball

Let Dad explore his inner warrior. Nothing says "I love you" like a little friendly battle of the generations.

Camping Night

This year, start a camping tradition. Pitch a tent, start a campfire, swap memories about growing up—it's bonding at its best. Look for a campground near you, pick up the right gear, and go wild. .

Travel Buddies

Make it a day trip or a weekend getaway! From the coast of Maine to Florida's Key West, June is a great month to get away on a scenic road trip.

I cannot think of any need in childhood as strong as the need for a father's protection.

-Sigmund Freud



PARADE & FESTIVAL

On Saturday, May 6th the City of Seat Pleasant celebrated its annual parade and festival. The rain did not stop the party this year. At the event there were activities such as the Basketball Tournament, UMD Health Fair, Kids Zone, Senior Room. There were also musical performance by the Earth Wind & Fire Tribute Band, Team Familiar, the Brian Cunningham Project and JZL Empress of the DMV. There were many food vendors. Some were Curley's Funnel Cakes, TAMO Smoothies, Pop & Son's Popcorn and Barber's Country Kitchen. Many businesses came into the city as well such as Usborne Books, The One Republic, Devine Hats Ect. and MGE Custom Prints.

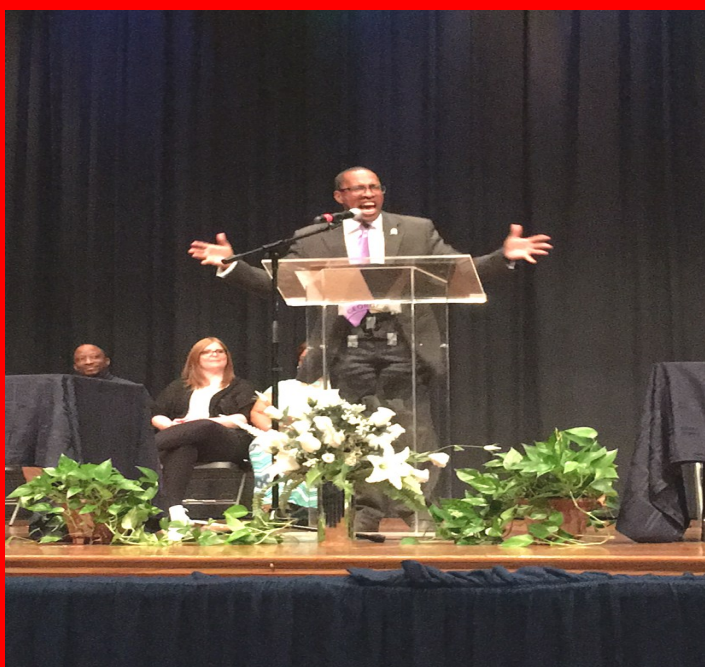




WHUR
96.3
WASHINGTON, DC

Mayor Eugene W. Grant sits down with WHUR radio

On May 17 2017, Mayor Eugene W. Grant sat down with radio personality Harold Fisher on Politics 963. Mayor Grant discussed Smart Cities and it's economic impact on the City of Seat Pleasant and how he is moving the City into the future.



Central High Honors Ceremony

Mayor Grant gives inspirational speech

Mayor Eugene W. Grant served as the guest speaker for Central High Schools third Quarter Honor Roll Assembly. He gave a riveting speech that rocked the house! The Mayor encouraged students to be great and not letting opportunities pass them by!

JUNE IS ALZHEIMER'S AWARENESS MONTH

Alzheimer's disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills, and eventually the ability to carry out the simplest tasks. In most people with Alzheimer's, symptoms first appear in their mid-60s. Estimates vary, but experts suggest that more than 5 million Americans may have Alzheimer's. Alzheimer's disease is the sixth leading cause of death in the United States.

Alzheimer's is the most common cause of dementia among older adults. Dementia is the loss of cognitive functioning—thinking, remembering, and reasoning—and behavioral abilities to such an extent that it interferes with a person's daily life and activities. Dementia ranges in severity from the mildest stage, when it is just beginning to affect a person's functioning, to the most severe stage, when the person must depend completely on others for basic activities of daily living. Memory problems are typically one of the first signs of cognitive impairment related to Alzheimer's disease. Some people with memory problems have a condition called mild cognitive impairment (MCI). Older people with MCI are at greater risk for developing Alzheimer's, but not all of them do. Some may even go back to normal cognition. The first symptoms of Alzheimer's vary from person to person. For many, decline in non-memory aspects of cognition, such as word-finding, vision/spatial issues, and impaired reasoning or judgment, may signal the very early stages of Alzheimer's disease.

Research suggests that a host of factors beyond genetics may play a role in the development and course of Alzheimer's disease. There is a great deal of interest, for example, in the relationship between cognitive decline and vascular conditions such as heart disease, stroke, and high blood pressure, as well as metabolic conditions such as diabetes and obesity. If the diagnosis is Alzheimer's, beginning treatment early in the disease process may help preserve daily functioning for some time, even though the underlying disease process cannot be stopped or reversed. An early diagnosis also helps families plan for the future.

For More Information

To get information about Alzheimer's and learn about support groups and services for people with the disease and their caregivers, contact the following organizations:

Alzheimer's Disease Education and Referral (ADEAR) Center



Alzheimer's Disease

#WhatYouNeedToKnow

5.2 million
Americans are living with
Alzheimer's disease,
the most common form of dementia.
By 2025, this number will top

7 million.

Healthy living can help prevent risk factor conditions associated with Alzheimer's disease. Certain aspects on their own can also reduce the risk of the disease itself.

Protect Your Head
Traumatic brain injury such as repeated concussions, increases your risk for Alzheimer's. Always wear a seat belt. Wear a helmet during contact sports, and when riding bikes or motorcycles.

Keep Moving
Numerous studies suggest that staying active may reduce the risk of Alzheimer's.

Challenge Your Brain
Studies have found that people who remain intellectually active are less likely to develop dementia, as are those who remain socially engaged.

Follow a Mediterranean Diet
Lean proteins with little, if any red meat. Lots of fruits and vegetables, whole grains, olive oil as the primary fat and a little wine (with your doctor's OK).

There are three stages of Alzheimer's disease.

- 1** **Preclinical Alzheimer's**
Subtle changes in the brain, biomarkers in the cerebrospinal fluid and blood. The disease is often undetectable in this stage, except in research settings.
- 2** **Mild cognitive impairment**
Changes in memory and other cognitive functions, like problem-solving and changes in judgement, but not enough to affect daily functioning.
- 3** **Dementia**
More significant changes memory, cognitive and physical abilities. Trouble completing simple everyday tasks. Changes in mood, behavior and personality.

There is no cure,
but there is a lot that can be done to
improve symptoms and
maintain a good quality of life
for both patients and caregivers.

Rx
Medications to help with behavioral and cognitive symptoms

U
Coordination of care between clinicians

S
Participation in social activities and staying active

SG
Support groups for caregivers and loved ones

Find out more about Alzheimer's disease and the Johns Hopkins Memory and Alzheimer's Treatment Center at hopkinsmedicine.org.

Source: Johns Hopkins Medicine
JOHNS HOPKINS
HARVARD





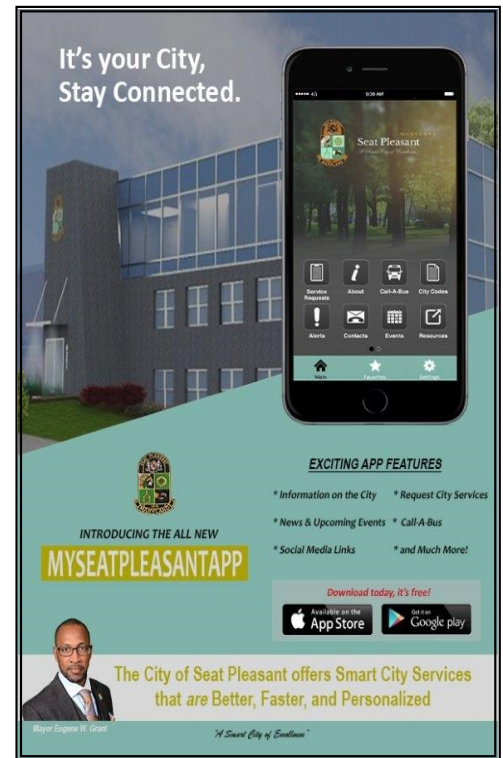
Smart Cities WEEK

Shape your city's future



SEAT PLEASANT IOC/APP KICKOFF

The Smart City of Excellence has begun its transition into developing the Intelligent Operations Center with partners IBM and Purple-Forge. The Seat Pleasant Police Department, Department of Public Works, Finance Department and Public Engagement Departments have been contributory with providing vital content for the advancement of the IOC. The IOC will assist the city to use data to improve outcomes in security, safety, resilience, and social services. As a Smart City of Excellence, the city is tapping into data to improve city operations and to deliver services in a digital way. These cloud-based services will provide personalized experiences for the constituents and will optimize program delivery and service outcomes for city services.



Professor Alfred Ho from Kansas City University visits Seat Pleasant

California's Smart Cities Week was a successful networking opportunity for the Mayor and members of the Executive Management Team. Alfred Ho, Professor from Kansas University visited the City to meet with Mayor Grant and his team to discuss strategies for developing data analytics, training programs and focuses that deal with the needs of the community. Professor Alfred has expressed his interest in Seat Pleasant and the direction the Mayor is taking the City.





Mayor Eugene W. Grant was proud to serve as the commencement speaker for Prince Georges Community College. He was honored to focus his speech around the old proverb, If you give a man a fish, you feed him for a day; teach a man to fish and you feed him for a lifetime.

2017 Commencement Speaker for the Team-builders Academy Workforce Development Program at Prince Georges Community College



Mayor Eugene W. Grant (left), Trayvon Evans

Seat Pleasant native Trayvon Evans was the first resident of Seat Pleasant to finish the TeamBuilders Academy Workforce Development Program with honors and accolades. He finished the accelerated 16 week 2017 Spring Semester with an Information Technologies certification. He will be the first of many to finish the program and enter into his field of choice almost immediately after completion.



GOVERNOR'S BUSINESS SUMMIT

On May 18th, Mayor Eugene W. Grant attended the first Governors Business Summit given by Governor Larry Hogan . There were also special guest such as Mike Gill (Maryland Secretary of Commerce) and Arne Sorenson (President and CEO, Marriott International Inc.) . At the conference they discussed topics such as Redefining Urban Centers Across Maryland , Future Manufacturing in Maryland and Next Generation Learning Environments.

City of Seat Pleasant

"A Smart City of Excellence"

6301 Addison Road
Seat Pleasant
Maryland, 20743

Phone: 301-336-2600

Fax: 301-336-0029

We're on the Web!!



www.SeatPleasantMD.gov

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"Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently."

— Maya Angelou



Congratulations

GRADUATES
CLASS OF 2017

"Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan Press On! has solved and always will solve the problems of the human race."

— Calvin Coolidge